

# VINTAGE TIMES



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## The Spanish Influenza

By:

**Doug Junker**

One of the side effects of the European colonization of the Americas was the introduction of Old-World diseases that decimated the native populations. It has been estimated that up to 95% of the indigenous population fell victim to either smallpox, measles, or various strains of the influenza virus. In fact, by the time the Pilgrims established their colony at Plymouth, Massachusetts in 1620, the native Wampanoag tribe, who had come into contact with European traders in 1614, had already been decimated by smallpox. Their numbers were so depleted that they lacked the military strength to defeat the 50 or so pilgrims of fighting age. The weakness of the Wampanoag left them no other option than to form an alliance with the Pilgrims who, without their aid, would have most certainly perished.

In his 1997 book entitled *Guns, Germs, and Steel*, Jared Diamond works to explain how much of the world has come to be dominated by civilizations of Eurasian and North African descent. Diamond explains how the domestication of animals native to Europe, Asia, and North Africa allowed Europeans to gradually develop immunities to animal viruses (such as measles, smallpox, and various strains of influenza) that slowly mutated to become transferable to humans. It is this inherited immunity that greatly aided the European domination of the New World and enables most of us to easily survive exposure to the flu or other viruses. But, as with all things in nature, there are always exceptions.

Between early 1917 and December of 1920 over 500 million people world-wide became infected with “Spanish Influenza”, a strain of the H1N1 influenza virus. All told, the virus resulted in the deaths of 50-100 million people, or between 3-6% of the world’s population, a figure higher than that of the “Black Death”. Modern analysis of the origin of the virus reference some of the earliest reported cases as occurring in a World War I hospital camp outside of Etaples, France. The hospital camp kept its own swine and had large numbers of chickens were brought in daily to keep the 100,000 men in the hospital and surrounding camps fed. Theories indicate the virus most likely originated in chickens, mutated so that it was transferable to pigs, and then to humans. Regardless of its origin, the effects were devastating; so devastating in fact that the European powers engaged in the war chose to hide the disease and its death toll. France, Germany, England, and the United States used censorship to ensure no news of the mysterious illness reached the papers. It was only in Spain, which had remained neutral during World War I and therefore had no censorship, that newspapers reported on the deadly effects of the new virus. The reports flowing out from Spain found their way to England, France, and America. These reports led to the misconception that the illness had originated in Spain and explains the labeling of the outbreak as “The Spanish Influenza”.

In general, the elderly, young children, or individuals with compromised immune systems have the highest mortality rates due to exposure to strains of the influenza virus but in 1918, it was the healthiest segment of the population that succumbed at the highest rates. The strong immune systems of the young reacted aggressively to the virus by producing excessive quantities of white blood cells. This hyper-response led to an increase of flu-like

### *The Spanish Influenza Cont.*

symptoms, progressive respiratory failure, and death. The millions of young men fighting in trenches ensured a steady supply of victims and aided the virus' rapid spread throughout the world.

Natural selection, when applied to viruses, typically favors less virulent strains. Viruses that sicken, but do not kill, the host have improved chances of transferal from one living host to another. In 1918 several factors including the large numbers of soldiers crowded together in trenches, packed hospital trains transporting infected and battle wounded soldiers to city hospitals, and the military censorship of information about the virus allowed this deadly strain to spread unchecked until 500 million people had been infected. Most of the 50-100 million deaths attributed to the virus occurred before the end of 1918. This means that within a timeframe

of less than 2 years the virus spread, infected, and killed 3-6% of the world's population. Although new cases were reported as late as 1920, in all due respects the virus had run its deadly course by the end of 1918. Researchers credit improved treatment and containment practices with helping control the epidemic while other evidence seems to suggest the virus simply mutated into less lethal strains. Regardless of the reasons for the end of the epidemic, by the onset of the 1920's the survivors were eager to put the death tolls of World War I and the Spanish Influenza behind them. The carefree lifestyle and excessive excesses of the "Roaring 20's" are not only a testament to their desire to forget but also to their dedication to live...given what they had experienced, who could blame them?

### Mardi Gras.... What does it mean?

Mardi Gras is a Christian holiday and popular cultural phenomenon that dates back thousands of years to pagan spring fertility rites.

*Mardi* is the French word for Tuesday, and *gras* means "fat." In France, the day before Ash Wednesday came to be known as Mardi Gras, or "Fat Tuesday."

Traditionally, in the days leading up to Lent, merrymakers would binge on all the rich, fatty foods—meat, eggs, milk, lard, cheese—that remained in their homes. They did this in anticipation of several weeks of eating only fish and different types of fasting.

Mardi Gras has evolved over time beginning with small street parties, masked balls and lavish dinners. It then changed to include students wearing colorful costumes and dancing in the street to full blown parades.

In 1857, a secret society of New Orleans businessmen called the "Mistick Krewe of Comus" organized a torch-lit Mardi Gras procession with marching bands and rolling floats, which set the tone for future public celebrations in the city.

Since then, Krewes have remained a fixture of the carnival scene throughout Louisiana. Other lasting customs include throwing beads and other trinkets, wearing masks, decorating floats and eating King Cake.

## March Birthdays

8<sup>th</sup> – Joyce Kinser

19<sup>th</sup> - Issy Jenkins

21<sup>st</sup> - Donna Burns



## Dr. Kopp Visits

March 14  
&  
March 18th

## We Have Apartments Available Immediately

Don't miss your chance to join the Vintage Park Community! Our apartments are warm, spacious, and designed to make you feel at home.

Call today for more details or to schedule a tour.

## Riddle of the Month....

Q. What does a Leprechaun call a happy man wearing green?

*Answer to last month's question:*

Q. Why is lettuce the most loving vegetable?

A. *Because it is all heart!*

Please feel free to contact us via email at anytime

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## CHOLESTEROL – The Good, The Bad, and The Ugly

By Rachael Gard, Health Care Coordinator

Total cholesterol is the total amount of cholesterol in your blood. Cholesterol is a waxy, fat-like substance found in all cells in your body. Your body needs cholesterol to make hormones, vitamin D, substances that help you digest food, and to continue to build healthy cells throughout your body.

- Total cholesterol levels less than 200 milligrams per deciliter (mg/dL) are considered desirable for adults. A reading between 200 and 239 mg/dL is considered borderline high and a reading of 240 mg/dL and above is considered high.

LDL or commonly known as “bad cholesterol” is considered bad because it contributes to fatty build up in the arteries (atherosclerosis). This fatty build up in the arteries narrows the arteries and increases the risk for heart attack, stroke, and peripheral artery disease.

- LDL cholesterol levels should be less than 100 mg/dL. Levels of 100 to 129 mg/dL are acceptable for people with no health issues but may be of more concern for those with heart disease or heart disease risk factors. A reading of 130 to 159 mg/dL is borderline high, and 160 to 189 mg/dL is high. A reading of 190 mg/dL or higher is considered very high.

HDL cholesterol or “good cholesterol” is thought to carry away the LDL cholesterol away from the arteries and back to the liver where the LDL is broken down and passed from the body. Only 1/3-1/4 of LDL is carried away by HDL.

- HDL levels should be kept higher. A reading of less than 40 mg/dL is considered a major risk factor for heart disease. A reading from 41 mg/dL to 59 mg/dL is considered borderline low. The optimal reading for HDL levels is of 60 mg/dL or higher.

Triglycerides are the most common type of fat in the body. They store excess energy from your diet. A high triglyceride level combined with high LDL cholesterol or low HDL cholesterol is linked with fatty buildups within the artery walls which increases the risk of heart attack and stroke.

- Normal triglyceride levels in the blood are less than 150mg per deciliter (mg/dL). Borderline levels are between 150-200 mg/dL.

Ask Rachael, Kim, or your healthcare provider if you have any questions or concerns regarding your cholesterol numbers.

<https://www.medicalnewstoday.com/articles/315900.php>,

[https://www.heart.org/en/health-topics/cholesterol/hdl-good-ldl-bad-cholesterol-and-triglycerides?gclid=CjwKCAiA45njBRBwEiwASnZT51hS4d\\_HCXqDKnY826jPv0Jn2i22OMasrzlv6YCUAEIMTekCWOCqrhoC0OEqAvD\\_BwE](https://www.heart.org/en/health-topics/cholesterol/hdl-good-ldl-bad-cholesterol-and-triglycerides?gclid=CjwKCAiA45njBRBwEiwASnZT51hS4d_HCXqDKnY826jPv0Jn2i22OMasrzlv6YCUAEIMTekCWOCqrhoC0OEqAvD_BwE)

# Casino Night

March 22<sup>nd</sup>

7pm

Vintage Park Dining Room



- Black jack
- Poker
- Roulette
- High/low

Each tenant who attends will be given vp cash to use in the casino. At the end of the night you can change in your winnings for prizes. Drink specials will be available throughout the night.

# Wii Bowling Tournament

Sunday, March 24<sup>th</sup>

1:30pm



- Teams of 3 only
- Must provide team name when signing up your team.
- Members can be tenants, staff, family or friends
- Winning Team will be rewarded with a pizza party for their team.

Please contact Melissa Butler to register your team.



## Straight from the Kitchen Cupboard

By Amy Jenkins

Hello everyone! I hope this note finds you all happy and healthy. Our last "Around the World" trip proved to be a challenge but we were able to pull off a tasty treat. Turns out that I am not a master of Diples, but we did try. I'm so glad you all enjoy watching me cook foods from different parts of the world and are gracious when mistakes are made. What can I say, we are all human. Join us next time as we travel to Ireland on March 21<sup>st</sup> at 10am. This will be a Thursday, instead of a Monday, so be sure to mark your calendars.

St. Patrick's Day is March 17. What would St. Patty's Day be without Corned Beef and Cabbage! There are so many reasons to celebrate in March. There are several National food days this month including Pancake Day, Cold Cut Day, Pound Cake Day and Oreo day! March also has some notable monthly items including National Noodle Month, Peanut Month and Caffeine Awareness Month.

I hope the weather continues to improve so we can start getting some of that direct sunlight. Nice weather always seems to help our spirits some. Until next time, keep it saucy and play with your food!



## Easy Irish Soda Bread



### Ingredients

4 cups all-purpose flour  
 4 tablespoons white sugar  
 1 teaspoon baking soda  
 1 tablespoon baking powder  
 1/2 teaspoon salt  
 1/2 cup margarine softened  
 1 cup buttermilk  
 1/4 cup butter melted  
 1/4 cup buttermilk  
 1 egg

### Directions

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet.
2. In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.
3. Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.

## March Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31. Roast Turkey Cranberry Sauce Mashed Potatoes Gravy Stuffing California Medley Pumpkin Pie					1. Catch of The Day Baked Potato Green Bean Casserole Bread Raspberry Crumb Bar	2. Philly Sandwich Coleslaw Pasta Salad Parmesan Corn Ice Cream
3. Roast Turkey Mashed Potatoes Gravy Stuffing California Medley Pumpkin Pie	4. Ziti Green Beans Garlic Toast Peanut Butter Brownie	5. Tater Crusted Chicken Smoked Paprika Sweet Potatoes Green Beans Bread Cherry Oat Crisp	6. Beef Pot Roast Mashed Potatoes Gravy Harvard Beets Fresh Baked Bread Red Velvet Cake	7. Mustard Glazed Pork Loin Mini Baker Potatoes Brussels Sprouts Bread Raspberry Gelatin	8. Breaded Cod Scrod Macaroni & Cheese Creamy Coleslaw Bread Apple Spice Cake	9. Ham Balls Asparagus Cornbread Pudding Parfait
10. Country Fried Chicken Mashed Potatoes Gravy Peas Roll Pie	11. Cheeseburger Potato Salad Baked Beans Ice Cream Sundae	12. Cherry Glazed Ham Hashbrown Cass. Carrots Bread Chocolate Mint Brownie	13. Steak with Mushroom Gravy Mashed Potatoes Seasonal Veggie Bread Oatmeal & Apple Butter Bars	14. Bruschetta Chicken Breast Sweet Balsamic Pastat Salad Cascade Blend Vegetables Pumpkin Pecan Cobbler	15. Cheddar Crumb Fish Parsley Buttered Potatoes Broccoli Bread Cand Bar Cheesecake	16. Sweet & Sour Meatballs Baked Potato Coleslaw Bread Frosted Cake
17. Corned Beef Red Potatoes Cabbage Roll Mint Cake	18. Pork Chop Cranberry Sauce Macaroni & Cheese Green Beans Bread Pumpkin Earthquake Cake	19. Maple Glazed Meatloaf Mini Baker Potatoes Cascade Blend Veggies Bread Peanut Butter Cup Blondie	20. Chicken Breast Cordon Bleu Broccoli Fresh Baked Bread Raspberry Marshmallow Fluff	21. Lasagna Butter Beans Garlic Toast Mint Chocolate Dessert	22. Salmon Florentine Parmesan Rice California Medley Bread Frosty Topped Gelatin	23. Pepper Steak Au Gratin Potatoes Parsley Sprig Corn Bread Cherry Pie Crumb Bar
24. Herbed Pork Loin Candied Sweet Potatoes Brussels Sprouts Roll Pie	25. Rotisserie Chicken Crispy Fried Potatoes Mixed Vegetables Bread Strawberry Shortcake	26. Country Fried Steak Mashed Potatoes Gravy Carrots Bread Apple Dessert Pizza	27. Honey Soy Glazed Turkey Citrus Rice Broccoli Bread Cherry Cheesecake	28. Italian Style Lasagna Cascade Blend Vegetables Garlic Toast Butterfinger Lush	29. Catch of The Day Baked Potato Green Bean Casserole Bread Raspberry Crumb Bar	30. Philly Sandwich Coleslaw Pasta Salad Parmesan Corn Ice Cream

## Mardi Gras

S S O B S U N E V M S L J A E H F  
D E M A N D E V I L L E E A W P F  
N W E C S E K A C G N I K N A A L  
A E P C P H B I L C I S U M T C O  
B R I H E E W U N A Y J L T H R A  
A K P U P L T E S G A G U A E D T  
L F H S A T E A D C D E R T U B S  
A O A B O U R B O N S T R E E T N  
D R N N Q G R S R D E A S A E D N  
S T Y T I R T R A A U S D S O N E  
K Y E D Y U T Y L Q T S D U N L C  
S D R A M Z R O H A E I B A P A K  
A A S E C L I C U E V L O R Y S L  
M Y S P I C N I C S O I U N R B A  
U S S N G E K T A O R P N J S G C  
N E W O R L E A N S H P A R A D E  
T S L F R E T S E J S A A D A Z C  
D D H A F A S T I N G B G A N C Z

art	ash wednesday	Bacchus
bands	bars	beads
bourbon street	Cajun	carnival
celebrations	costumes	de Mandeville
doubloons	Epiphany	fasting
fat tuesday	floats	forty days
french quarter	gluttony	gold
green	jazz	jester
king	king cakes	Krewes
lent	MardiGras	masks
music	necklace	New Orleans
parade	picnics	purple



## CALIFORNIA DREAMING....

I am hoping that by the time you read this article—there are some signs of spring! Sunshine, songbirds, flowers and warm weather will be welcome after the winter we are having this year!

Don and I are treating the Vintage Park Managers (and spouses) to a few days at the beach in Oceanside California, March 3-7. Our plans are to hang out on the beach, take a charter boat out for some deep-sea fishing, do some shopping, golfing, hiking, fine-dining and, take in some local tourist attractions (maybe the San Deigo Zoo or Balboa Park or Sea World or Legoland...) and/or whatever these big kids feel like doing!

We are doing this because we appreciate our team here—and, the leadership that Doug, Rachael, Kim, Amy and Melissa provide every day to make sure things run smoothly at Vintage Park. We felt like this would be a great way to show our appreciation—and, create memories that will last a lifetime!

We have made sure things are covered here during the time that we are gone. Julie Beck (RN) will be here to cover Nursing. Jim Helm will be at VP to take care of any maintenance issues that come up. Paige Jessen will handle any staffing or resident issues and, Lynne Maben and Mildred Loe will make sure activities happen as scheduled. Lori Mains and Cassie Spencer will tend to the kitchen and will make sure that our residents eat well.

One thing is for sure—we will miss our friends here while we are out there. And, we will look forward to sharing the highlights of our trip with all of you when we get back home—and, hearing from you all of the great things that happened at Vintage Park while we were gone!



# New Activities on the Calendar

## *Fancy Coffee*

1<sup>st</sup> & 3<sup>rd</sup> Wednesday of each month  
&  
1<sup>st</sup> & 3<sup>rd</sup> Friday of each month

Let your taste buds run wild as we try out new and exciting coffee flavors and indulge in rich toppings.



**History with Doug**  
**March 14<sup>th</sup>**  
**10am**  
**In the Library**

**Join Doug as he shares his knowledge and love of history.**

list and form of payment with Melissa. She is happy to provide this service to you.

**Dollar General**  
**March 15<sup>th</sup>**  
**1:30pm**

Take a trip with us up to the new store in town. You are sure to find a good deal.

